



## Self-Critical Thought Diary

Date/Time	Situation	Emotions/Body Sensations	Self-Critical Thoughts	Alternative Perspective	Outcome
	What were you doing when you began to feel anxious? Who was there? Where were you?	Rate each 0 - 100 for intensity	Rate each from 0-100% For how much you believe that thought	Use the key questions  Rate the strength of this belief 0-100%	Re-rate your feelings  How strongly do you believe the self-critical thought now?